

## **Report on Three-Day Extension Activity at Chetna Institute of Mentally Challenged**

**Date:** 6th-8th December, 2023

The Department of Humanities and Social Sciences organized a three-day extension activity at the Chetna Institute of Mentally Challenged from 6th to 8th December, 2023. Prior to the event, permission was sought from the Pro-Vice Chancellor, which was granted to conduct the activity. To facilitate transportation, Integral buses were availed for the commute of both students and faculty coordinators.

**Day 1: Interaction and Engagement:** On the first day of the extension activity, half of the Psychology department batch embarked on a visit to the Chetna Institute. The journey to the institute was made enjoyable with Integral buses, and the students were provided with snacks, creating an atmosphere of anticipation and excitement.

Upon reaching the Chetna Institute, the students were warmly welcomed. The primary focus of the day was to facilitate interaction between the Psychology students and the mentally challenged children and adults at the institute. The students engaged in various activities, fostering a sense of connection and understanding.

The mentally challenged children showcased their various talents, including dancing, singing, and acting. The enthusiasm and skills displayed were truly remarkable and left the Psychology students and faculty coordinators deeply impressed.

**Day 2: Continued Engagement and Reflection:** The second day of the extension activity saw the remaining half of the Psychology department visiting the Chetna Institute. The activities continued, building on the rapport established on the first day. The focus shifted towards understanding the unique needs of the residents and tailoring activities to cater to individual interests and capabilities.

During these interactions, the faculty and students had the opportunity to witness the residents' proficiency in pottery and candle-making. The beautifully designed candles, crafted by the mentally challenged individuals, caught the attention of our faculty and students. Impressed by their creativity and skills, many of the faculty and students purchased these candles, further contributing to the happiness and sense of accomplishment of the residents.

**Day 3: Culmination and Impact Assessment:** The third day of the extension activity involved a comprehensive reflection session and a culmination of the experiences gained over the two preceding days. Faculty and students gathered to discuss the impact of the interaction on both the Psychology students and the mentally challenged residents.

A panel discussion was organized, featuring faculty members, students, and representatives from the Chetna Institute. The discussion covered topics such as breaking stereotypes, fostering inclusivity, and the role of community engagement in mental health awareness. This served as a platform for sharing insights, challenges faced, and the broader implications of such initiatives.

Additionally, a feedback session allowed the Psychology students to express their thoughts on the overall experience and provide suggestions for future activities. The faculty coordinators,

Dr. Anil Kumar Singh and Ms. Neha Roshni Yooshing, facilitated the session, ensuring that the feedback received could be used to enhance the effectiveness of similar future endeavors.

**Conclusion:** The three-day extension activity at the Chetna Institute of Mentally Challenged proved to be a transformative experience for both Psychology students and the residents. The event not only met academic objectives but also contributed significantly to social responsibility and community engagement. The talents showcased by the mentally challenged residents, coupled with the purchase of their handmade candles, added a unique and inspirational dimension to the experience.

The third day's reflection session and panel discussion enhanced the educational value of the activity, providing a platform for meaningful dialogue and impact assessment. The proactive involvement of faculty coordinators, along with the students' enthusiasm, made this extension activity a resounding success in fostering empathy, compassion, and a deeper understanding of mental health challenges while promoting a sense of inclusivity and community.



